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# Athlete Instructions – 2013 Indoor Triathlons

1. All waves start on time. It is your responsibility to be in position and ready to go at each start time – swim, bike, run. The most up-to-date wave times are posted on the RecPlexOnline web site ([recplexonline.com/triathlons-special-events/indoor-triathlons](http://recplexonline.com/triathlons-special-events/indoor-triathlons)).
  - a. Please confirm your wave start time a day or two before the race to make sure you have the right time.
2. First wave starts at 7:30am **SHARP**, and subsequent waves begin every 25 minutes.
3. If you miss your wave start, you may begin but you must finish at the wave stop time. You are not allowed to make up the time.
4. If you miss your wave and a subsequent wave has started, you will not be allowed to continue/begin the race.
5. Athletes should check-in at the Fitness Center Desk 20-30 minutes before the start of their wave (**check-in opens at 7:00am**; you will not be able to enter the RecPlex before 6:55am).
6. What you will want to bring:
  - a. Standard tri clothing. Men must wear a shirt/singlet on both the bike and run (no bare chest), per USAT rules.
  - b. Lock for lockers if you choose to use the locker room during or after the race.
  - c. Swim cap if desired (not required)
  - d. Towels – the RecPlex does not provide towels. Please bring a towel to dry off after the swim (T1) and if you want to take a shower afterward. We also recommend you bring a small towel for the bike if you sweat profusely.
  - e. Bike Shoes are optional, and must be SPD compatible. The spin bikes have dual pedals, with a standard “cage” on one side and SPD cleat on the other.
7. Race areas:
  - a. Check-in - Fitness Desk, on the second floor of the RecPlex.
    - After checking in, walk back downstairs, take a U-turn at the bottom of the stairs, and take the hallway on the left (by the racquetball courts) to the Starfish Room.
    - For those checking in after 7:30am, you can go down the west stairway from the Fitness Center (by the spin bikes) to the Starfish Room.
  - b. Transition - Starfish Room, off the water park (north side, by the whirlpool)
  - c. Swim – Aqua Arena lanes. We *expect* the pool to be set up with 50 meter lanes, meaning 1 lap = 100 meters. However, if the pool is set up with lanes going “across” then those are 25 yard lanes, making 1 lap = 50 yards.
  - d. Bike - Fitness Center, second floor of the RecPlex, against the west wall overlooking the lake.
  - e. Run - Fitness Center, second floor of the RecPlex. Treadmills will be marked off by yellow tape.
8. Swim to Bike Transition:
  - a. Exit the Aqua Arena through the Water Park, and through the Starfish Room.
  - b. Turn left in the hall, and go up the west stairs to Fitness Center.

- c. Bikes will be against the west windows.
- d. Remember, you must start each event on time – if there is any question, ask a volunteer.

**9. Give each scorer for each leg of the triathlon your name. If you do not do this, you may not get your results!**

**10. IF A BIKE OR TREADMILL SHOULD BREAK DOWN:** immediately notify the scorer, who will note your distance and the elapsed time.

- a. If possible, move to a new piece of equipment and continue. We will average the two distances.
- b. If this is not possible, we will take your distance + time and use it to average to the full 20 minutes (bike) or 15 minutes (run). This will be your official distance.

**11. Transition**

- a. Transition will be in the Starfish Room off the water park. Pick a chair and set out your gear.
- b. You may optionally transition in the Family Changing Rooms, or the Men's or Women's locker room. However, remember that the swim to bike transition is 10 minutes -- the bike wave starts on time, and if you begin late, you cannot make up the time. (Note: before 7:30am, you'll need to enter the Men's & Women's locker rooms from the hallway.)
- c. Do not leave valuables in the transition room. All valuables should be locked up in one of the locker rooms before you start.
- d. All gear must be removed from the Starfish Room by 15 minutes after completion of the last wave.

**12. Swim Instructions**

- a. Two athletes per lane. Choose right or left side and swim straight down and back – not a circle.
- b. **Make sure your scorer** knows your full name and whether you are swimming on the left or right side.
- c. You may warm-up but must be back at the wall one minute before the start of your wave.
- d. You may use any stroke; flip turns are allowed (but please try not to splash the scorers!)
- e. Pool depth is approximately 12'; you will **not** be able to stand. If you are nervous, pick a lane with the wall or bulkhead on its side.
- f. Recorded distances will be "rounded up" to the nearest ½ length.
- g. If desired, confirm your distance with the scorer before the leaving the pool.

### 13. Bike Instructions

- a. You may not “reserve” a bike prior to starting your wave. First wave may not set up bikes before the start of the race. Any gear left on a bike will be removed.
- b. We are using FreeMotion Indoor Cycling bikes. Since these may be new to you, carefully follow the instructions of the scorers.
- c. **DO NOT PRESS ANY BUTTONS ON THE BIKE COMPUTER UNTIL INSTRUCTED TO DO SO, AND ONLY PRESS THE BUTTONS ONCE.** Repeated pressing buttons may erase your results with no chance of recovery.
- d. Use the transition time to adjust the bike as needed. If you warm up, you must stop pedaling at least one minute before the start of your wave to reset the bike computers.
- e. When instructed to do so, start pedaling and press:

[Stage] button Once → “USB” Flashes

Wait 5 seconds → “Warm-Up” displays = **WAIT FOR SCORER'S COMMAND**

Press [Stage] button again to start the race

The bike computer **must** be displaying “Stage 1” to calculate your distance.

- f. Bike distance is determined by **Power**. This is a combination of how hard you press the pedals, the resistance, and your cadence. Simply spinning the pedals as fast as you can will not give you a good result.
- g. At the finish, stop pedaling but stay on the bike until the scorer has recorded your official distance.

Wait symbol displays

Press [Avg/End] button **ONCE** to display your “Ride” total

### 14. Run Instructions

- a. Start the treadmills by pressing the manual key, then set the speed using either the keypad or the up and down arrows.
- b. At the finish, note your distance and press the **Pause** Key. **Important** – the treadmill will reset after 30 seconds so it is important you note your distance and give it to the scorer if they do not get to you within this time.
- c. Please stay on the treadmill until the scorer has recorded your official distance.
- d. Pick up your goodie bag and t-shirt at the Fitness Desk and enjoy the refreshments.

### 15. Post-Race

- a. Please remove all items from the transition area as soon as possible after you’ve finished. All items must be cleared from the room by 15 minutes after the last wave finishes.
- b. Final results will be available approximately 30 minutes after completion of the last wave; awards and raffle will begin shortly after the final results are posted.
  - *If there are questions about your results, see Ken Johnson before the awards.*
- c. The official results will be posted at the RecPlex and on the RecPlex web site by Sunday evening. They will also be posted on Active.com by Monday.
- d. If you are not present for awards/medals, they may be picked up later at the RecPlex Fitness Desk.
- e. Raffle – you must be present to win.

16. **Parking:** Parking in the RecPlex parking lot controlled access for member only. **IF** there is an attendant at the gates (due to other events), tell them you are in the Indoor Triathlon and they will let you into the parking lot. Otherwise park on the street or in the parking lots by the softball fields.

Questions: contact [raceinfo@plprairie.com](mailto:raceinfo@plprairie.com)